



## Issue 7 / December 2023



### WHO WE ARE

INTERESTED IN PAST ACTIVITIES AT THE CENTRE?  
CHECK OUT OUR ANNUAL REPORTS AT  
[CCHSA-CCSSMA.USASK.CA](http://CCHSA-CCSSMA.USASK.CA)

The Canadian Centre for Rural and Agricultural Health is an embodiment of research to action in the health and safety of rural and agricultural populations.

#### OUR MISSION:

Development and dissemination of research, services, resources, and knowledge for the health and safety of rural and agricultural populations.

#### OUR STRATEGY:

We are a developer, collaborator, source, connector, and catalyst to advance research, knowledge mobilization, and services in the health and safety of rural and agricultural populations.

#### OUR VISION:

A world where people who live and work in rural, remote, and agricultural settings are healthy and safe.

#### OUR VALUES:

Partnering, Collaboration, Innovation,  
Commitment, Sharing, Impact

# CENTRE HIGHLIGHTS

The Canadian Centre for Rural and Agricultural Health is an embodiment of research to action in the health and safety of rural and agricultural populations. To learn more about who we are and the impact of our work, check out the video below!



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## Welcome to the Centre

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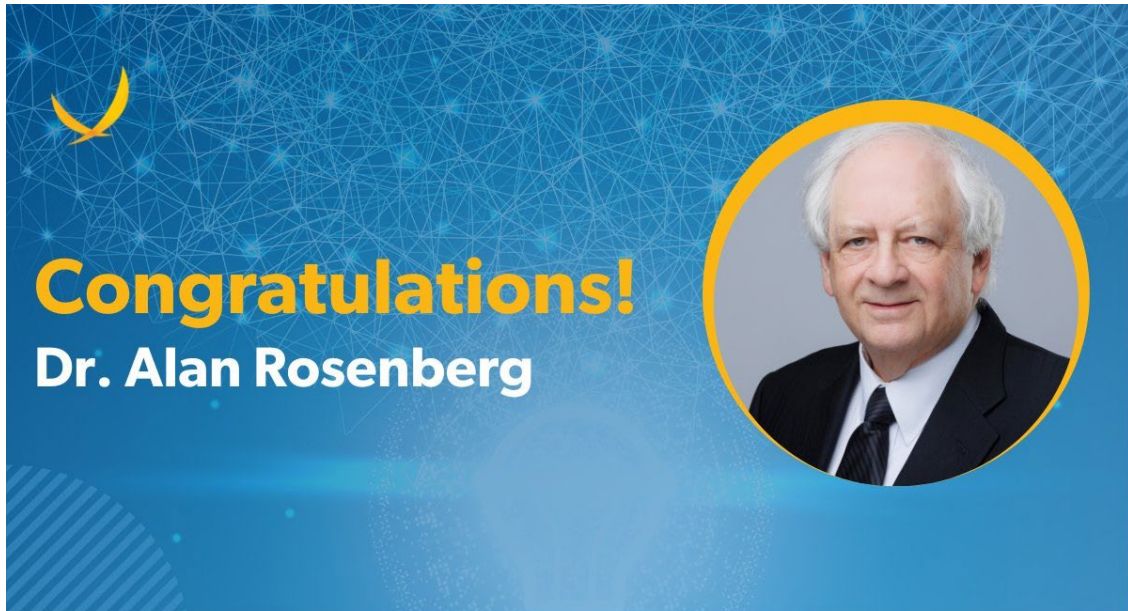
### **August Kortzman**

The Rural and Remote Memory Clinic (RRMC) team welcomes August Kortzman (Senior Graduate student in psychology) back to the clinic in a new capacity as staff in psychology.

To learn more about August, please see the Rural and Remote Memory (RRMC) Clinic section!

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## Faculty, Staff, and Student News



### **Congratulations Dr. Alan Rosenberg!**

Dr. Rosenberg has been awarded a Ignite Research Grant from Arthritis Society Canada to discover antibody targets in cells of children with arthritis.



Annaka



Vivian

### **Congratulations Annaka and Vivian!**

MD Dean's students Annaka Chorneyko and Vivian Heinrichs each were awarded a Dean's Letter of Excellence for their contributions to their summer research projects!



Alex

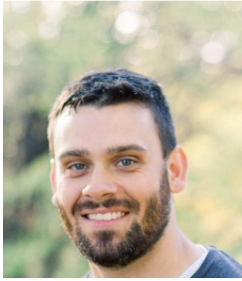
### **Congratulations Alex, Annaka, and Vivian!**

MD Dean's students Alex Waslen, Annaka Chorneyko, and Vivian Heinrichs ALL were awarded First Place Presentation Awards for their presentations at the College of Medicine Undergraduate Research Symposium in October 2023. Annaka, Vivian, and Alex competed their MD program Dean's Projects with Dr. Lang in the 2023 summer term.



### **Congratulations, Sheila!**

Sheila Naytowhow (MSc student, Health Sciences, supervisor Dr. Kirychuk) received a MITACS Indigenous Research Award as well as a 75th Anniversary recruitment Scholarship from the Health Sciences Graduate Program.



### **Congratulations, Lucas!**

Lucas Julseth (MSc student, Health Sciences, supervisor Dr. Katselis) received a Health Sciences Graduate Program Scholarship.

## **SEMINAR SERIES**



**The agricultural and rural health research and practice seminar series invites speakers affiliated with the Centre, other departments at U of S, and visitors to discuss current rural and agricultural health related issues. The presentation format encourages discussion and participant interaction with speakers and welcomes presentations from students, researchers, Centre staff, and practitioners.**

**Seminars are held every other Tuesday during the academic term from 2:30 pm - 3:30 pm. They are conducted both online via Zoom and in-person at the Centre.**

**If you wish to present during our seminar series, please contact:**

**Dr. Angelica Lang**  
angelica.lang@usask.ca

**Check out our seminar schedule on our website!**

**Research Seminars**



# SERVICE & KNOWLEDGE MOBILIZATION

## RURAL AND REMOTE MEMORY CLINIC (RRMC)



RRMC team members November 2023  
-image credit Debra Marshall

**About the RRMC:** The RaDAR team implemented the specialist Rural and Remote Memory Clinic (RRMC) in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment and feedback on one day, and uses Telehealth videoconferencing for follow-up appointments. The specialist RRMC was started as a research project and now receives funding from the

Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents.

**RRMC News:** Since our return to in-person appointments, we continue to use lessons learned during COVID. For example, when appropriate, patients are offered the option for follow-up appointment to be done via web-conferencing to lessen travel burden.

### Farwell and thank you!

**The Rural and Remote Memory Clinic (RRMC) team would like to say a special thank you to Dr. Ivan Panyavin** who was with us for a five-year term in the RRMC. Most recently working as staff in psychology, Ivan joined in November of 2018 and the team benefitted from his excellent skills in working with people. We all appreciated his strengths in making a connection with patients – even over a virtual meeting connection which was very important during COVID-19. We wish him much success in his next steps!



Dr. Ivan Panyavin

### Welcome to August Kortzman!

**The RRMC team welcomes August Kortzman** (Senior Graduate student in psychology) back to the clinic in a new capacity as staff in psychology. August initially was involved in the RRMC as a practicum student in Psychology under supervision by Dr. Megan O'Connell. He's currently working on finishing his PhD, and just recently completed a one-year clinical health psychology internship through the University of Manitoba's Rady Faculty of Health Sciences with rotations in Winnipeg and Brandon. His current research focuses on an intervention aiming to improve the informal social support network of care partners of persons with lived experience of dementia.



August  
Kortzman

**What's been happening lately at the RaDAR rural memory clinics?  
Let's hear from Chelsie on the ground!**



- There were 6 memory clinics held in 4 communities between September 20 and Nov 28 where teams met with a total of 8 patients and families, all patients were new patients.
- Lampman held their second memory clinic in November. The new team now has two memory clinics under their belts and are looking forward to holding more in the new year.
- In October the Esterhazy Team was gracious enough to take part in a video that will be produced by Honey Cut Studios. The video will be three to five minutes long and will include a summary of what goes on in the memory clinics as well as some individual interviews with some of the team members. The video will be used to help spread the word about our rural memory clinics.

- **Chelsie Cameron, RaDAR Research Assistant**

We are continuing to spread the rural primary care memory clinics. If you or someone you know might be interested and want to learn more, please contact **Debra Morgan** at [debra.morgan@usask.ca](mailto:debra.morgan@usask.ca).

**UNIVERSITY OF SASKATCHEWAN**

**SEEKING PRIMARY HEALTH CARE TEAMS INTERESTED IN ESTABLISHING A MEMORY CLINIC**

*RaDAR memory clinics meet a need for dementia care close to home*

**1-day memory clinics have been established in 7 communities:**

**BENEFITS**

- **Team-based interprofessional care.** Teams are led by a family physician or nurse practitioner and may include home care, social work, occupational therapy, physical therapy, pharmacy, dietitian, and Alzheimer Society First Link Coordinator.
- **Resources.** We ensure teams receive necessary tech resources. Teams use EMR templates for patient assessments that are based on Canadian consensus guidelines for dementia diagnosis and treatment.
- **Ongoing support.** Teams receive shadowing opportunities, peer mentorship, operational support, training, and continuing education on dementia-related topics. The specialist RaDAR Rural and Remote Memory Clinic in Saskatoon offers additional assessment and interventions for patients/families.

Kipling, Weyburn, Bengough, Carlyle, Maryfield, Lampman, and Esterhazy

Kipling Memory Clinic Team

*Clinic video*

**Family physician testimonial:** "My RaDAR clinic allows patients with suspected cognitive impairments to receive assessment close to home and develop relationships with their local allied health professionals. RaDAR is an essential service that provides caregivers and families with a roadmap to support their loved one through a challenging and sometimes unpredictable illness experience."  
*(Dr. Jared Oberkirsh, Weyburn Family Physician)*

**Care partner testimonial:** "It was a positive experience, from the start through to the finish. And the lead physician was so respectful of my dad...and everyone was just so professional and so patient with him. And always seeking his understanding at all of the juncture points [to: so sign], leading to a very positive experience."  
*(Care Partner)*

Weyburn Memory Clinic Team



**Esterhazy Memory Clinic Team**  
from left to right: **Carolee Zorn** (Alzheimer Society First Link Coordinator), **Jenna Kulovany** (Community Pharmacist), **Holly Scheier** (PHC Manager), **Glenda Erickson** (Occupational Therapist), **Dr. Mandi Nel** (Esterhazy Family Physician)

**In November, members of the Esterhazy Memory Clinic Team attended the 11th Canadian Conference on Dementia in Toronto, supported by funding from the Dementia Supports in Rural Saskatchewan to RaDAR lead Dr. Debra Morgan. This conference was an opportunity to hear from leading experts about the latest in dementia research including Alzheimer's disease modifying therapies. Dr. Morgan's oral presentation on Interprofessional rural primary healthcare memory clinics: Patient and family experiences was chosen for the New and Notable Presentations at CCDII.**

# AGRICULTURAL HEALTH AND SAFETY NETWORK

Stronger Together in Agricultural Health and Safety



1988 - 2023

[aghealth.usask.ca](http://aghealth.usask.ca)

In 1998, the Agricultural Health & Safety Network began as a joint venture with the Saskatchewan Association of Rural Municipalities (SARM) and six Saskatchewan Rural Municipalities. The Network functions as part of the Centre's rural extension division and grew to 195 RMs as of August, 2023.

Health and safety information and programs are delivered to over 22,000 Saskatchewan farm families - more than half of all the farm families in Saskatchewan.

Member RMs can request clinics and Discovery Days.



[Network Website](http://aghealth.usask.ca)



## Transportation Growth and Prosperity in Saskatchewan Annual Convention

Agricultural Health and Safety Network



**Dr. Shelley Kirychuk**, director of the Canadian Centre for Rural and Agricultural Health (CCRAH) and **Kendra Ulmer**, manager of the Agricultural Health and Safety Network (Network) were invited to be presenters and tradeshow participants at the **Transportation Growth and Prosperity in Saskatchewan Annual Convention** on October 10-12th at the Saskatoon Inn, Saskatoon. This convention allowed Kirychuk and Ulmer the opportunity to increase delegates awareness of CCRAH and Network's identity, partnerships, research, programs, services, and knowledge mobilization activities. The Network also presented on the topic of "Rural Road Safety" highlighting Canadian campaigns, programs and initiatives directed towards rural motorists and farm machinery operators.



**The Annual Convention was hosted by the Central Area Transportation Planning Committee. Darin Pederson, who is a member of the Agricultural Health and Safety Network's steering committee as a representative from Division #5, is the chairman of the committee.**

## Gear Up For Ag Health and Safety™ Program Delivery: Network Partnership with Ag Health and Safety Alliance™

The Network continues to partner with the Ag Health and Safety Alliance™ to work together to bring the Gear Up for Ag Health and Safety™ Program to college agriculture students in Saskatchewan. Saskatchewan Polytechnic students in Year 1 and Year 2 of the Agriculture and Food Production Program participated in this program on November 16th, 2023 at the Moose Jaw campus. These students also participated in pre and post online learning in conjunction with this program.

**Thank you to SK Polytechnic instructors Katelyn Duncan and Bryan Sarauer, Gear Up for Ag Health and Safety™ Program instructors Carolyn Sheridan and Kendra Ulmer, and amazing sponsors, Farm Credit Canada, TC energy, Syngenta Canada and 3M Canada™ which allowed this opportunity for SK Students!**





## Gear Up for Ag Health and Safety

### Agricultural Health and Safety Network at Canadian Western Agribition 2023!



The Agricultural Health and Safety Network is pleased to have partnered with SaskAgMatters to share a booth at the Canadian Western Agribition trade show in Regina, SK from November 20th-25th.

The goal of the SaskAgMatters Network is to provide agriculture producers across Saskatchewan with free and accessible mental health resources that they feel comfortable turning to in times of stress.

To learn more about SaskAgMatters, go to: [www.saskAgMatters.ca](http://www.saskAgMatters.ca)



SaskAgMatters

Canadian Western Agribition

## DISCOVERY DAYS

Agricultural Health and Safety Network



Thank you to SaskPower for joining us at Discovery Days presentations at Schell School, Eyebrow School, and Montmartre School in the month of November!



### What is Discovery Days?

Discovery Days is a educational program to raise awareness among Saskatchewan farm children of the hazards and risks of living on a farm and how to recognize and avoid those risks. Through the presentations at Discovery Days, kids will learn about farm machinery hazards, health and safety, animal safety, and so much more!

### DISCOVERY DAYS



Hi, I'M TODD! I COME ALONG TO ALL THE NETWORK'S DISCOVERY DAYS PRESENTATIONS AT YOUR SCHOOLS. I LOVE TO SHARE FARM SAFETY TIPS WITH CHILDREN AND TO REMIND THEM THAT SAFETY IS AN EVERYDAY TASK CANNOT WAIT UNTIL WE MEET AGAIN!



### Previous Discovery Days Presentations:

**October 4, 2023**

- Major School, RM of Prairiedale, No. 321, Div 6

**October 16, 2023**

- Schell School, RM of Sarnia, No. 221, Div 2

**October 17, 2023**

- Eyebrow School, RM of Eyebrow, No. 193, Div 2

**October 24, 2023**

- Biggar Central School, RM of Biggar, No. 347, Div 6

**October 26, 2023**

- Langham Elementary School, RM of Corman Park, No. 344, Div 5

**November 8, 2023**

- Eastend School, RM of White Valley, No. 49, Div 3

**November 14, 2023**

- 33 Central School, RM of Fillmore, No. 96, Div 1

**November 16, 2023**

- Montmartre School, RM of Montmartre, No. 126, Div 1

**November 16, 2023**

- Kipling School, RM of Kingsley, No. 124, Div 1





### Upcoming Discovery Days Presentations:

- West Bench Hutterite Colony, RM of White Valley, No. 49, Div 3
- Success School, RM of Riverside, No. 168, Div 3
- Carievale School, RM of Argyle, No. 1, Div 1
- Mankota School, RM of Mankota, No 45, Div 3



# AGRICULTURAL SAFETY DISCOVERY DAYS

**BOOK NOW**

Call:

306-966-6644

or

E-mail:

[shs954@email.usask.ca](mailto:shs954@email.usask.ca)



Discovery Days



# ONE 2ONE

RESPIRATORY & HEARING  
CLINICS FOR FARMERS

## ONE2ONE

One2One Health and Safety Clinics for farmers are offered to assess farm families and farm workers respiratory or hearing health either at our Network clinic at the UofS campus or in your local RM. Through this service, we are empowering farmers to enhance their health and safety.

Interested in hosting a hearing or respiratory clinic for your farm families?  
Contact (306) 966 - 6643 or via email



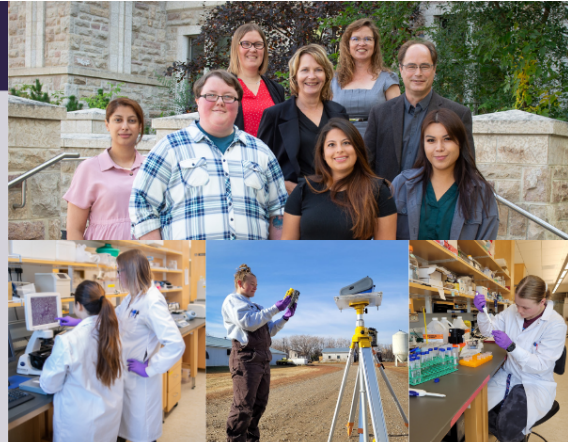
The Network delivered a ONE2ONE Hearing Loss Prevention Clinic in **Holdfast, SK** on November 29th, 2023 for **RM of Sarnia #221** farmers and RM employees.



# RESEARCH

## OCCUPATIONAL HYGIENE AND HEALTH LABORATORY

**Alejandra Castillo Toro, Brooke Thompson and Shelley Kirychuk** attended the Symposium on antibiotic resistance on bioaerosols at Institut Universitaire de Cardiologie et de Pneumologie de Québec (IUCPQ) in Quebec City, QC from November 1st to 2nd as part of the NSERC Frontiers Project. Dr. Caroline Duchaine opened the Symposium with the unveiling of a plaque commemorating Dr. Yvon Cormier's contribution to the growth of bioaerosols research and messages from Drs. Shelley Kirychuk, Yohan Bossé (Director of IUCPQ Research Centre), and François Maltais (Head of the multidisciplinary Department of Pulmonology and Surgery, IUCPQ). Dr. Abia King from the University of KwaZulu and Dr. Simon Otto from the University of Alberta were two keynote speakers for the event. Students and investigators had the opportunity to give short presentations on the results of their projects. **Alejandra Castillo Toro** stayed in Quebec City for 3 weeks to complete 16S PCR, an ARG panel and sequencing in Dr. Caroline Duchaine's Lab at IUCPQ.



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead  
**Dr. Shelley Kirychuk**

[shelley.kirychuk@usask.ca](mailto:shelley.kirychuk@usask.ca)

OR contact our Laboratory Manager

**Brooke Thompson**

[brooke.thompson@usask.ca](mailto:brooke.thompson@usask.ca)

**Our Fees for Service, Publications and Projects can be found on our website!**



**NSERC Frontiers ARGs in Bioaerosols Research Team**



**Round Table Discussion panel with project investigators, moderated by Dr. Caroline Duchaine.**



**Yohan Bossé, Caroline Duchaine, Yvon Cormier, Shelley Kirychuk, and François Maltais**





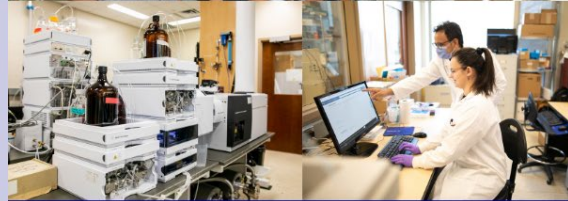
## Occupational Hygiene Laboratory

### MASS SPECTROMETRY LABORATORY FOR OMICS RESEARCH

**Ibrahim Hoja's** project is titled "Nutritional Determinants and Genetic Factors Influencing the Circadian Clock and Oral Tissues Development and Diseases".

**Lucas Julseth** continues to work on the micro-concussions and vibration exposure project. Lucas' focus is on the cognitive changes after vibration exposure and proteomic changes in serum of rats.

**Daniel Chao** is continuing to work on his Honour's project focusing on proteomic changes in the brains of rats that have been exposed to vibration frequencies and comparing to those of rats who were not exposed to vibration frequencies (quiet controls).



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead  
**Dr. George Katselis**  
[george.katselis@usask.ca](mailto:george.katselis@usask.ca)

OR contact our Laboratory Manager  
**Brooke Thompson**  
[brooke.thompson@usask.ca](mailto:brooke.thompson@usask.ca)

**Our Fees for Service, Publications and Projects can be found on our website!**

## FUNDING, PUBLICATIONS & PRESENTATIONS

### Mass Spectrometry Laboratory for Omics Research

#### Publications

**Hassan N, Murray BG, Jagadesshan S, Thomas R, Katselis GS, Ianowski JP. (2023).** Intracellular Ca<sup>2+</sup> oscillation frequency and amplitude modulation mediate epithelial apical and basolateral membranes crosstalk. *iScience*, Online Ahead of Print.

**Awda BJ, Mahoney IV, Pettitt M, Imran M, Katselis GS, Buhr M. (2023).** Existence and Importance of Na<sup>+</sup> K<sup>+</sup>-ATPase in the Plasma Membrane of Boar Spermatozoa. *Canadian Journal of Physiology and Pharmacology*, Online Ahead of Print.

#### Funding

**Rosenberg A (NPI), Katselis GS (Co-PI), Collins M (Co-PI), Maleki F (Co-App), Collaborators: Fritzler M, Angeles-Han S, Zerr B, Wiebe H.** Discovering the Targets for Antinuclear Antibodies in Juvenile Idiopathic Arthritis: Towards Precision Diagnosis to Improve Care. Arthritis Society Canada, \$100,000. 2023-2025



Mass Spectrometry Laboratory for Omics Research



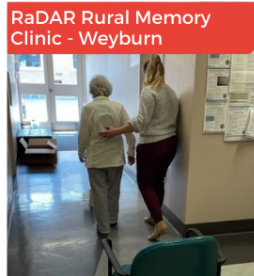
## Rural Dementia Action Research (RaDAR)



The RaDAR research program has two main streams, **the specialist Rural and Remote Memory Clinic (RRMC)**, and the **rural primary healthcare memory clinics**, and is led by Dr. Debra Morgan. The Knowledge Network in Rural and Remote Dementia Care guides the RaDAR research program and includes people living with dementia and family members, and other stakeholders. The Network meets at the annual **Rural Dementia Care Summit**, the RaDAR team's key knowledge exchange event. **The 16th annual Summit meeting was held virtually on November 21st & 22nd.** Over 180 individuals registered to attend the two-day online event. Our busiest live-delivered session during Summit had a maximum of 98 participants online with us live!



Members of the RaDAR Team



RaDAR Rural Memory Clinic - Weyburn



Dr. Andrew Kirk - RRMC USask Clinic



Summit - November 2019

Special congratulations to the winners of the adjudicated Bilokreli Student Poster Prize held during the Poster Session at Summit!

**Julie Beitel**

**2nd Place**

**Hana Dakkak**

**1st Place**

**Hassan Yassin**

**3rd Place**

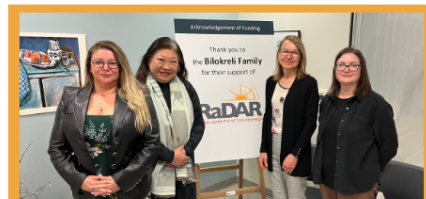
The RaDAR team plans to archive content from the Summit meetings on our website in early 2024 – watch for more news and a link in a future Boots on the Ground Edition!

### RaDAR Research News



**Dr. Irene Blackberry**

**RaDAR welcomed Dr. Irene Blackberry** from Australia for a special research seminar at the Canadian Centre for Rural and Agricultural Health (CCRAH) in November, "Transforming aged care: Innovations from Down Under". Dr. Blackberry is the John Richards Chair and Director of the Care Economy Research Institute at La Trobe University.



**Drs. Megan O'Connell, Irene Blackberry, Debra Morgan, and Julie Kosteniuk**

Drs. Morgan and O'Connell have collaborated on a number of projects with Dr. Blackberry over the years and the latest visit was an opportunity to discuss future research partnerships.



**Dr. Allison Cammer**

### **The Cognitive Kitchen - Dr. Allison Cammer, PhD, RD, College of Pharmacy and Nutrition**

Dr. Allison Cammer is an investigator with the RaDAR team whose research program centers on nutrition and dementia. One project currently underway is The Cognitive Kitchen - - read on to learn more!

This evidence-based program was codesigned by RaDAR team members and patient-family partners. It is being offered both virtually and in-person for adults 55+ and care partners of people living with dementia. Each session in the six-part series includes a hands-on food preparation component and discussion on strategies to support dementia risk reduction and living well with dementia. Ingredients are provided for in-person sessions and ingredient reimbursement of up to \$50 per session is available for virtual programs. Participants must be living in Saskatchewan and priority is given to those living in rural areas.

Virtual sessions will continue to be offered from January-July 2024. In-person sessions will resume in the spring of 2024 and will be held in communities within a 150 km radius of Yorkton, SK. Programs are being scheduled based on participant interest and availability, so register now to be the first to know when one is available to suit your preferences!

The Cognitive Kitchen is funded in part by the Government of Canada's New Horizons for Seniors Program.

**To register, please complete the intake survey to confirm your eligibility and scheduling preferences available below.**

To learn more, visit our website or contact: **Julie Beitel**  
Program Coordinator  
julie.beitel@usask.ca  
(306) 966-5303

**Intake Survey**

**Cognitive Kitchen**

**Julie Beitel's Contact info**

**SIGN UP FOR THE RaDAR NEWSLETTER!**

To join our mailing list, please contact:  
**Valerie Elliot** v.elliott@usask.ca

Previous editions of the newsletter  
can be found on our website!

## FUNDING, PUBLICATIONS & PRESENTATIONS

### Rural Dementia Action Research (RaDAR)

#### Presentations

- **Morgan, D., Bayly, M., Kosteniuk, J., Elliot, V.** Interprofessional rural primary healthcare memory clinics: Patient and family experiences. New and Notable Presentations at the 11th Canadian Conference on Dementia, Toronto, ON, November 4, 2023 (oral).
- **Morgan, D., Bayly, M., Kosteniuk, J., Elliot, V.** Interprofessional rural primary healthcare memory clinics: Patient and family experiences. 11th Canadian Conference on Dementia, Toronto, ON, November 2-4, 2023 (poster).
- **Kosteniuk, J., Morgan, D., Elliot, V., O'Connell, M.E., Seitz, D., Cameron, C.** Impact of rural primary health care memory clinics: Perceptions of team members. 11th Canadian Conference on Dementia, Toronto, ON, November 2-4, 2023 (poster)
- **Morgan, D., Kosteniuk, J., Bayly, M., Elliot, V.** Interprofessional rural primary healthcare memory clinics: Patient and family experiences. 16th Annual RaDAR Rural Dementia Summit. Saskatoon, SK. November 21-22, 2023 (poster).
- **Morgan, D., Kosteniuk, J., O'Connell, M., Seitz, D., Elliot, V., & Cameron, C.** **Esterhazy RaDAR Memory Clinic:** Development and implementation. 16th Annual RaDAR Rural Dementia Summit. Saskatoon, SK. November 21-22, 2023 (poster).
- **Elliot, V., Morgan, D., Kosteniuk, J., Cameron, C. & O'Connell, M.E.** Family care partner perspectives: Phase 2 of an environmental scan of programs and services for older adults in rural memory clinic communities and surrounding areas. 16th Annual RaDAR Rural Dementia Summit. Saskatoon, SK. November 21-22, 2023 (poster).
- **Kosteniuk, J., Morgan, D., Elliot, V., O'Connell, M., Seitz, D., Cameron, C.** Impact of rural primary health care memory clinics: Perceptions of team members. 16th Annual RaDAR Rural Dementia Summit. Saskatoon, SK. November 21-22, 2023 (poster).

RaDAR



## Rural Health Laboratory

### The First Nations Mental Health Project



The First Nations Mental Health project is well underway! Since July, the team has been collecting survey data from community members of Beardy's and Okemasis Cree Nation and Montreal Lake Cree Nation. This study is collecting information to see the connections between house, home, and mental health in these two rural Saskatchewan First Nations. We planned a survey blitz in Montreal Lake on October 17th & 18th to kick start data collection in that community. Key members of our team at Montreal Lake and Little Red include

Larry Burgess (Director, William Charles Health Centre), Erica Stockdale, Tina Nelson, Glenda Henderson, Jacqueline Natomagan, and Roy Charles. With the support of the band council, health centre, local health workers and even some taxi drivers, word about the event spread well beyond our expectations.

The CCRAH team of Research Assistants—Meera Kachroo, Jill Dosman, Erica Stockdale, Shirmin Bintay, Marie Neubuhr, along with co-Investigator Dr. Chandima Karunanayake (as pictured below)—drove up to Montreal Lake for the two-day blitz. Participants met the research team, filled surveys, had coffee & lunch, and enjoyed community. The arena may have been a little cold, but the atmosphere was warm! Supporting the event were Montreal Lake Mental Health Counsellors Stephen Stamp and Tamara Roberts. Stephen also brought us a local delicacy to sample: moose nose!



Stephen Stamp & Tamara Roberts



The event was a success! Over two days, over **220 participants** filled out surveys, taking us more than half-way to our desired sample size for the community! Thanks to everyone involved for making it possible.





*Thank you!*

For your attendance,  
participation, and support!



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Canadian Centre for Rural  
and Agricultural Health  
CCHSA-CCSSMA.USASK.CA

UNIVERSITY OF SASKATCHEWAN  
College of Nursing  
NURSING.USASK.CA

UNIVERSITY OF SASKATCHEWAN  
College of Engineering  
ENGINEERING.USASK.CA

**Building For the Future: Housing and Health Forum**

The meeting provided a forum for researchers, industry partners, and local/provincial/federal policy writers to listen to First Nations and Metis community members about their lived experience and preferred pathways for changing the built environment that reflects Indigenous ways. Through this forum, we facilitated knowledge-to-action as determined by First Nations and Metis people. We identified barriers to Indigenous built environment and levers for change. In combination, these outcomes are supporting the development of a framework for research, knowledge blending, policy action, and engagement driven by First Nations and Metis community members, professional builders, policy makers, and researchers working on the built environment.



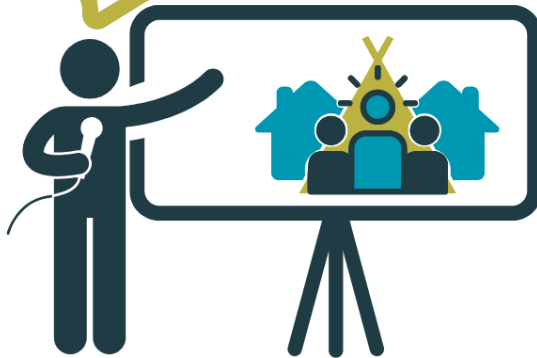
**Key Themes:**

- Policy & Governance
- Training & Transition
- Builds & Procurement
- Asset Management



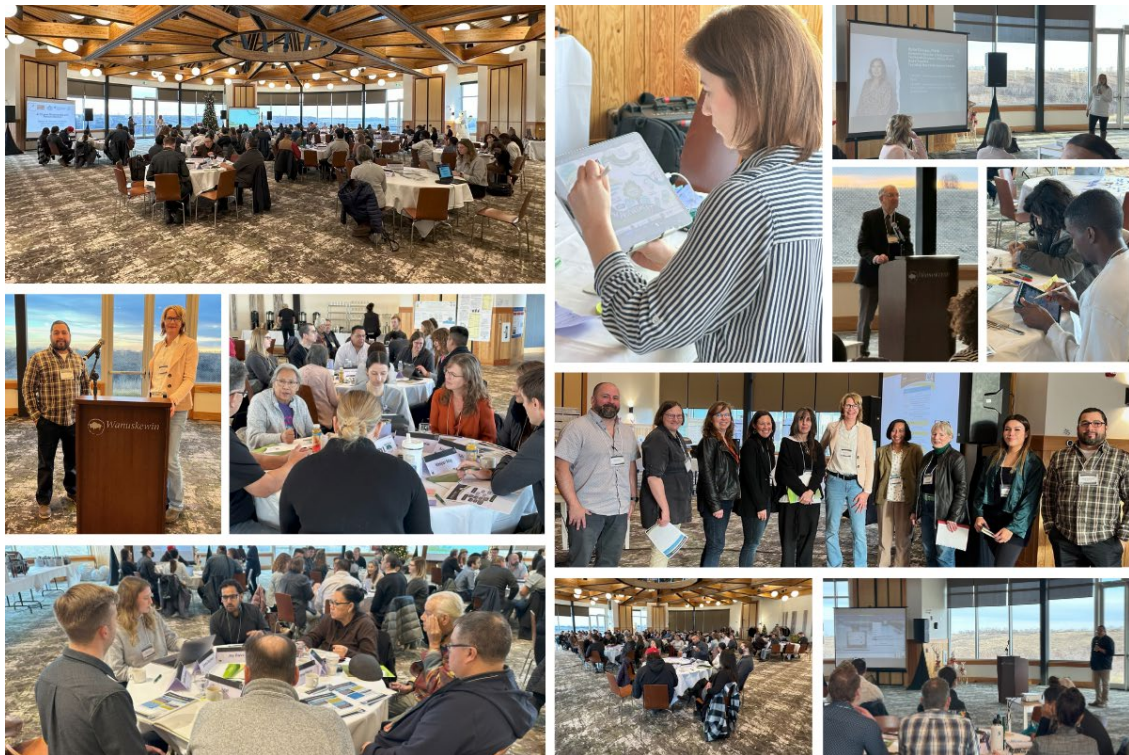
## PRESENTERS

Dr. Shelley Kirychuk - Canadian Centre for Rural and Agricultural Health  
 Dr. James Dosman - Canadian Centre for Rural and Agricultural Health  
 Rosie Charles - Prince Albert Grand Council, presented on behalf of the First Nations Housing Professionals Association  
 Derek Rope - Element Connect



## COMMUNITIES PRESENT

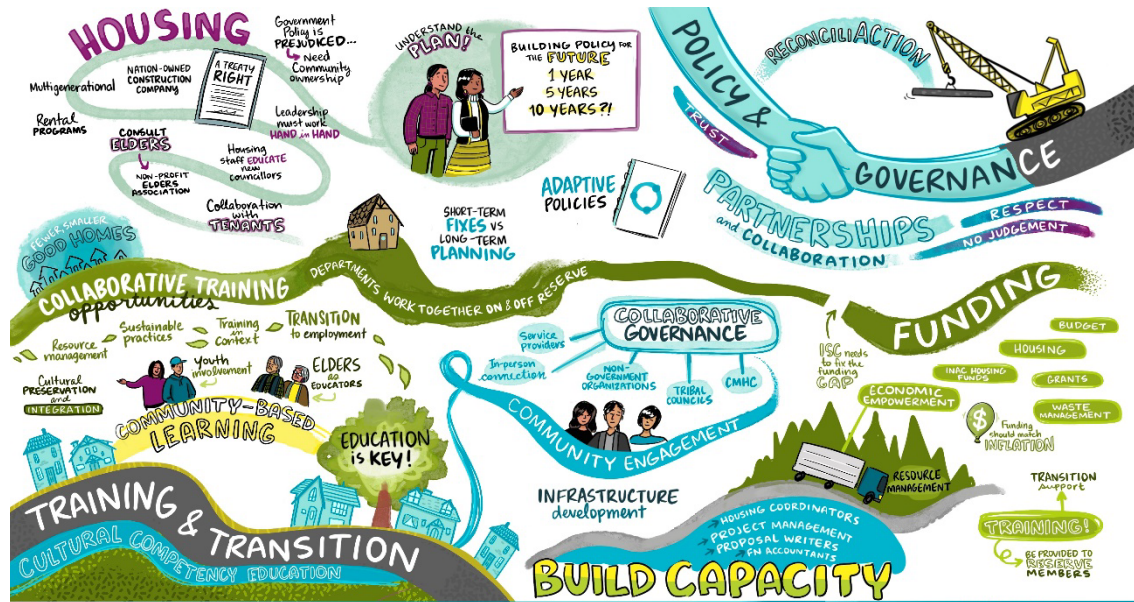
- Standing Buffalo Dakota Nation
- The Key First Nation
- Beardy's and Okemasis Cree Nation
- Montreal Lake Cree Nation
- Little Red River Reserve
- Whitecap Dakota First Nation
- James Smith Cree Nation
- Fond Du Lac Band & Black Lake Band
- Yorkton Tribal Council
- Saskatoon Tribal Council
- Pinehouse North Village
- Peepeekisis Cree Nation
- Nekaneet First Nation
- Prince Albert Grand Council
- Cote First Nation
- YellowQuill First Nation
- Waterhen Lake First Nation
- Muskeg Lake Cree Nation





# Visual Presentations of Symposium Round Table Discussions

Check out these graphic recordings that illustrate the outcomes of the round table discussions at the symposium.





## Upcoming Visual Presentations

Be sure to keep an eye out for additional updates and outcomes from this symposium!

First Nations & Métis Built Environment Website



Musculoskeletal  
Health &  
Ergonomics  
Lab

## Musculoskeletal Health and Ergonomics Laboratory - Highlights



SHRF  
SASKATCHEWAN  
HEALTH RESEARCH  
FOUNDATION

Our SHRF-funded longitudinal study of shoulder biomechanics of both rural and urban dwellers with shoulder pain is ongoing. A total of 60 people have participated in the first session, with 16 already completed the full year's measurements. Look for the first analysis from this study coming in the Spring!

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## WORK SAFE BC

Our WorkSafeBC-funded study of postural exposures and movement compensations of farmers during on-farm work tasks began in October. Vincent Akinluyi (MSc student) and Denise Balogh (PhD student) are leading the various aspects of this study, and we look forward to further on-farm data collection in the Spring!



Cameco

Due to a recent partnership of the MHE Lab and Cameco Corporation, Dr. Angelica Lang and Denise Balogh visited Cameco's Cigar Lake mine site with the inertial measurement unit system (portable motion capture system) to pilot the feasibility of these measures and to define different ergonomic exposures of workers at the mine site, from miners to electricians to housekeepers! Look for these results in the New Year!



**For more information on the laboratory, services we offer, and pricing inquiries:**

Please contact our Faculty Lead  
**Dr. Angelica Lang**  
angelica.lang@usask.ca

More information about our lab and our current research projects can be found on the Musculoskeletal Health and Ergonomics Lab's website!



Musculoskeletal  
Health &  
Ergonomics  
Lab

## FUNDING, PUBLICATIONS & PRESENTATIONS

### Publications

- **Lang, A.E.** (2023). Does calibration pose improve scapular kinematic repeatability in functional tasks? *Journal of Electromyography and Kinesiology*, 102829.

### Presentations

- **Waslen, A., Sims, L., Sauder, D., & Lang, A.E.** (October 2023). Wrist fusion surgery alters shoulder kinematics during functional tasks compared to non-fusion side. Orthopedic Resident Research Day, University of Saskatchewan, Saskatoon, SK.
- **Lang, A.E., Heinrichs, V., & Chorneyko, A.** (November 2023). Shoulder biomechanics can be altered by an acute training session to increase lower trapezius activation. 2023 Collaborating for Health and Wellness Virtual Research Conference, University of Manitoba, MB.
- **Lang, A.E., Waslen, A., & Sims, L.** (November 2023). Examining the influence of full wrist fusion on shoulder kinematics during functional task performance. 2023 Collaborating for Health and Wellness Virtual Research Conference, University of Manitoba, MB.
- MD Dean's student Alex Waslen presented his summer project at the University of Saskatchewan Orthopedic Resident Research Day.

Ergonomics Laboratory Website

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## FROM OUR PARTNERS & COLLABORATORS

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Highlighting work and news from our partners, collaborators, and  
community members.

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Research Participants Needed

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# COGNITIVE KITCHEN

- A 6-session social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
  - One for adults 55+
  - One for care partners of people living with dementia
    - We welcome people living with dementia to attend with their care partner if suitable
- **No cost to participate!**
- Open to SK residents with priority to those living within a 150 km radius of Yorkton - Virtual and in-person options available



Scan the QR code or enter the link to complete the intake survey to express your interest today! Contact [julie.beitel@usask.ca](mailto:julie.beitel@usask.ca) with any questions.

[www.surveymonkey.ca/r/cognitivekitchenintake](http://www.surveymonkey.ca/r/cognitivekitchenintake)

More information about upcoming offerings:  
[fb.com/cognitivekitchencoordinator](https://fb.com/cognitivekitchencoordinator)



The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



Funded by the Government of Canada's New Horizons for Seniors Program



**DEPARTMENT OF ANESTHESIOLOGY  
UNIVERSITY OF SASKATCHEWAN**

**PARTICIPANTS NEEDED FOR  
RESEARCH IN POSTOPERATIVE DELIRIUM**

**We are looking for patients (aged 65+), their family members,  
and healthcare providers to share their experience with  
postoperative delirium.**



As a participant in this study, you would be asked to take part in one interview (virtual or by email) about your experiences with postoperative delirium (delirium after surgery). We will also ask questions such as age, gender, languages spoken, and varied abilities. Participation is expected to take less than 1-hour of your time.

Participation is voluntary. Your decision to participate will not affect any benefit of medical care or employment to which you are entitled or currently receiving.

For more information about this study, or to volunteer for this study,  
please contact:

*Maria Cruz*  
*Department of Anesthesiology*  
306-966-8305 or [maria.cruz@usask.ca](mailto:maria.cruz@usask.ca)



Scan to email Maria  
about this study!

**This study has been approved by the University of Saskatchewan Behavioural Research  
Ethics Board**

**Computer Interactive Reminiscence and Conversation Aid**

**CIRCA – SK**

**Do you remember  
Saskatchewan in the  
70s? 60s? 50s?**

We are collecting material for a multi-media tool for promoting conversation with people living with dementia.

Your involvement would include viewing the material and making suggestions on contents.

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator  
shoshana.green@usask.ca  
306-966-2394



**We will:**

- meet in-person for one 60-90 minute session
- provide an honorarium in the form of a gift card
- provide parking and refreshments
- meet by videoconference if in-person is not feasible

Project approved by  
University of  
Saskatchewan  
Behavioural Research  
Ethics Board



**UNIVERSITY OF  
SASKATCHEWAN**



## Steering Committee – Team Members Needed

**Do you live in rural Saskatchewan and have experience with dementia or cognitive issues?**



Dr. Megan O'Connell is assembling a steering committee of people who live in rural Saskatchewan, to facilitate and guide research on dementia and caregiving in rural Saskatchewan.

WE WANT YOUR INPUT!

Participants will:

- attend virtual meetings
- provide input on projects
- be team members on grants

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator  
shoshana.green@usask.ca  
306-966-2394



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## Rural and Agricultural News

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### SARM

- [Rural Dart - December 2023](#)
- [Rural Dart - November 2023](#)

### CASA - Communiqué

- [November 6th](#)
- [November 14th](#)

- [Rural Sheaf - October 2023](#)
- [Rural Councillor - Winter 2023](#)
- [November 20th](#)
- [November 27th](#)
- [December 4th](#)
- [December 11th](#)

## Other

- [SaskCrops AGM](#)
- [Assembly of First Nations Election Results](#)
- [Farm Safety Roundup, EP. 3: Are you prepared for the unexpected?](#)
- [AgKnowledge 2023](#)
- [GIFS at USask partnership receives \\$56 million commitment for Bangladesh agtech centre](#)
- [FCC Young Farmer Summit](#)
- [New Centre at USask honours Indigenous connection to the land](#)
- [2024 Farming Smarter Conference & Tradeshow](#)
- [Alzheimer Society First Link Program](#)
- [Local Dementia Friendly Examples](#)
- [Sask. farmer with disability says lack of easy-access dental coverage forcing him to go to Mexico](#)
- [Canadian Agricultural Safety Association Reveals New Branding and Welcomes New Board Members during Annual General Meeting](#)
- [Prioritize safety during post-harvest Anhydrous Ammonia applications](#)

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The Canadian Centre for Rural and Agricultural Health is an embodiment of research to action in the

health and safety of rural and agricultural  
populations.

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